

Hip Hop ABS

Get fit, easy abs with Shaun T's exciting new program! Using his revolutionary **Absolute Engagement™** technique you'll **FIL, TUCK & TIGHTEN** your way to get fat abs and a flatter body without sit-ups or crunches. Even if you've never danced, you'll learn the easy Hip Hop moves in no time!

FAT BURNING CARDIO

This is not your mom's aerobics video. A maximum calorie burn that targets your ABS, so you burn off the fat while revealing a tight, toned, sexy midsection. Shaun's energy, fat music, and exciting moves like the "Shove down" and "Tap foot" make the time fly by.

AB SCULPT

Are you ready for your very own workout? Shaun teaches you the most innovative standing up and core moves you'll ever experience! With Shaun's **FIL, TUCK & TIGHTEN** technique you'll really fire up those abs muscles and melt the fat!

TOTAL BODY BURN

This heart-to-be workout combines cardio with total body sculpting, while you target your midsection so you burn off the fat and reveal a tight, toned body ... the possibilities to lose inches and say hello to a slimmer waist and flat, sexy abs!

PLUS SECRETS TO FLAT ABS

Are you ready for a secret? The secret to flat abs, that is. Shaun got his rock-hard abs without sit-ups or crunches, and now you can too. Shaun shares the targeted training techniques, **FIL, TUCK & TIGHTEN**, which activates your upper, middle, and lower abs and obliques at the same time so you get beautiful, flat, sexy abs!

Special Features

- EVEN LOUDER MUSIC • MEET THE CAST

It's not a lie, it's the truth! Hip Hop ABS™ is a workout that's fun, fast, and easy to do. Learn the secrets to a flat, sexy abs and a flatter body.

For more information on this DVD, please contact our Customer Service Department at 1-800-854-2226 or go to www.beachbody.com.

Produced and Directed by Andrew Schwartz (Sagittarius Productions)

Warning: You may sweat your shirt out before you begin the workout! This is a workout!

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BEACHBODY®

Approx. workout time
2 hours 10 minutes



Hip Hop ABS

FAT BURNING CARDIO
TOTAL BODY BURN

PLUS SECRETS TO FLAT ABS
AB SCULPT

DVD

Hip Hop ABS

Includes **3** workouts!

FAT BURNING CARDIO

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TOTAL BODY BURN

PLUS SECRETS TO FLAT ABS



BEACHBODY®

Hip Hop Abs Nutritional Guide

Roman Wölfel



Hip Hop Abs Nutritional Guide:

Adopting the Track of Phrase: An Mental Symphony within **Hip Hop Abs Nutritional Guide**

In some sort of used by screens and the ceaseless chatter of fast conversation, the melodic splendor and mental symphony created by the published term usually diminish in to the background, eclipsed by the persistent noise and interruptions that permeate our lives. Nevertheless, located within the pages of **Hip Hop Abs Nutritional Guide** a charming fictional prize overflowing with raw feelings, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, that captivating masterpiece conducts readers on a mental trip, well unraveling the concealed songs and profound affect resonating within each cautiously crafted phrase. Within the depths with this poignant evaluation, we shall examine the book is central harmonies, analyze their enthralling publishing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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